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# In the style of James Bond

007 has always had style to die for PAGE 15



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Peter Turkis, 17, wearing one of the T-shirts from his company Local Advancers' new line, which launched last week.

SHANE GIBSON/METRO

## Teen's Local Advancements going global

**Young entrepreneur.**  
Rapper J. Cole spotted wearing clothing line



SHANE GIBSON  
shane.gibson@metronews.ca

In just a year and a half, Winnipeg-based streetwear company Local Advancers has grown from making and selling a handful of silk-screened T-shirts to a launch of a complete clothing line, with thousands of international orders on wait.

The company's story is even more amazing considering its founder, Peter Turkis, only just graduated from high school this June.

"When I started I was using this little section of my desk to hold these 20 shirts. Now there's like a thousand shirts and a thousand hoodies," said Turkis, 17.

"It's all happened in the

blink of an eye. Looking back, it's crazy."

Turkis started the company with \$300 he saved himself by selling a few of his things and camping outside an electronic shop to be the first person in line to get the store's only iPhone 4 — which he turned around and sold for \$200.

But the teen's big break came when American rapper J. Cole was seen wearing his gear in Toronto last year.

"It was like 'boom' and I started getting serious about this," said the Transcona Collegiate grad. "We essentially exploded after J. Cole wore our stuff."

The new line launched last Thursday and includes tank-tops, T-shirts and hoodies.

Turkis says he's also created a line of hats, which he plans on releasing in August as part of a campaign to raise money for Winnipeg Harvest.

The young entrepreneur has big goals for his company: He hopes to open a retail

### Underage

- **Publicity.** Although Local Advancers has been throwing popular 18-and-over shows around Winnipeg since its inception, Turkis hasn't been allowed in.
- **Coming of age.** He's looking forward to turning 18 in December so he can finally attend his own shows.

shop in Winnipeg with both a warehouse space for his clothes and a place for him to live.

"I kind of want to move out," he chuckled — from his parents' house in Transcona.

To check out the new line, go to localadvancers.bigcartel.com.



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# FRINGE OFFERS UP SPOOF ON SPOOKY MYSTERY

## Peter 'n Chris and the Mystery of the Hungry Heart Motel

Peter 'n Chris  
Venue 8

Regardless of how stoned you were watching Scooby-Doo, the "spooky mystery" genre has never been as much fun as it becomes in the hands of Peter 'n Chris.

The Vancouver comedy duo of Chris Wilson and Peter Carlone deliver a smart, sassy send-up of the mystery-solving duo trope ("Just like Nancy and Drew!") with ... Hungry Heart Motel (and yes, that's a reference to the Springsteen song).

Their sketch comedy background shows in the quirky and hilariously drawn characters they play, from the creepy and obviously murderous hotel manager to an inept Crypt Keeper-ish narrator. But the show's shining moments are in the self-referential skewering not only of genre classics like Psycho, but of theatrical convention too ("Oh, you're doing a monologue," Peter says by way of an exit line).

## Fishbowl Mark Shyzer Venue 3

It's no mean feat to make funny commentary on the inter-connectedness of the universe.

Writer/performer Mark Shyzer brings the stories of four seemingly disparate characters to us — there's Esther, the impossibly gawky high school science nerd; Francis, a sullen teen with a bang perpetually obscuring one eye; a crusty retiree whose only friend is a comatose man in his retirement home; and a jaded middle-aged woman, jilted by a husband who turned out to be gay. Shyzer brings each to life with a comedian's sense of performance, but a writer's sense of character — while his physical manifestations of

each are outrageously funny, Shyzer (with director Evalyn Parry) never lets his characters become caricatures.

His gifts as a writer are on display in sharp one-liners ("I've been away on a gay cruise," the jilted woman tells us. "And when I say 'gay cruise,' I mean a boat, not the Scientologist"), but also in the surprising depth the script takes on in hindsight, when the connections of the four stories become clear.

## Aerial Allusions Azana Pilar Venue 9

"What is humanity?" actor/dancer Jason Morneau asks at the beginning of Aerial Allusions. Well, that's a big question ... and you can't say Aerial Allusions doesn't set its sights high. But it does, alas, fall flat.

The rambling and cliché-ridden opening monologue doesn't get the show off to the finest start, though things improve a bit when Morneau is joined by the show's principal creator, Azana Pilar.

Through dance the duo set out to explore gender relations and identity. There are moments that click, particularly Pilar's impressively acrobatic aerial silk work. But much of the remaining choreography is simply too bland to be compelling.

All reviews done by Joff Schmidt, who saw the performances at the Toronto Fringe Festival. Scan the QR code to read more about the Winnipeg Fringe Festival.



Cindy Tugwell stands in front of the Shanghai Building on King Street. LAUREN PARSONS/FOR METRO

# Shanghai's last night nearing

## Demolition of building given OK. Local woman upset over decision

LAUREN  
PARSONS  
winnipeg@metronews.ca

Winnipeg city council voted Wednesday in favour of allowing a 129-year-old building to be demolished.

"I don't think we're demolishing Chinatown — I think something will rise in its place," said Coun. Brian Mayes (St. Vital).

In 2010 the Shanghai Building at 238 King St. was denied heritage designation, and council voted to allow demolition of the building to take place if the Chinatown Development Corporation submitted a development plan and took out a building permit.

Although councillors said the building's demolition is

not a heritage issue, Cindy Tugwell, executive director of Heritage Winnipeg, appeared before council to advocate for the building.

"Once we lose these buildings, there's no going back," she said. "If we didn't have the vision to say 'one day' then how many buildings wouldn't exist right now?"

Coun. Jenny Gerbasi (Fort Rourke-East Fort Garry) backed up Tugwell, bringing up examples of buildings that were vacant for several years before being redeveloped into successful organizations or businesses.

"The Princess Street block was boarded up for 30 years and now we have Red River College," she said.

Coun. Jeff Browaty (North Kildonan) said until a development plan is in place for a seniors' home, or another option, the demolished building will be made into a green space for the community.

Still, the decision made by

## Other council news

These items are also now council-approved:

- Modified Managed Competition will be used to determine how four city-run golf courses operate.
- Changes to street-side parking, including a meter hike from \$1 per hour to \$2, and meter-operation times.
- \$2.5 million in spending for East Exchange street-scaping.
- Sunday shopping hours approved for Aug. 1.

council left Tugwell feeling disheartened about the future of historic buildings in Winnipeg.

"Do we value each building equally? No, we don't," she said. "So is that a fair process?"

# Cat killed. Woman beats kitten over fight: Cops

A Winnipeg woman has been arrested after a three-month-old kitten was fatally beaten with a baseball bat early Tuesday morning.

Winnipeg police went to a home in the 500 block of Pritchard Avenue at about 12:30 a.m. Police said two women went to a house to confront another woman over an ongoing dispute.

Police said one of the suspects struck the woman's cat and it was severely injured. The suspects then left, but also allegedly knocked out

one of the windows of the house with the bat.

Police took the woman and the cat to a veterinary clinic but it had to be put down due to the severity of its injuries.

At 5:30 p.m. police arrested one of the suspects. The 23-year-old woman faces charges of killing or injuring of animals and possession of a weapon for a dangerous purpose. The suspect has been released with a promise to appear in court.

A warrant for the arrest of



Police say a woman beat a kitten to death. THE ASSOCIATED PRESS FILE

the second suspect, also 23 years old, has been issued.

METRO

## Not confirmed by police

## Human skull found in Saint Boniface, reports say

Media are reporting a human skull has been found in a hole at a construction site on Tache Avenue

It is believed that workers at the site found skeletal remains about three feet under a sidewalk. Construction crews are currently digging at the hole and an archeologist has been brought in.

The supposed remains were found across the street from the ruins of the Saint Boniface Cathedral and the cemetery that sits directly in front of the ruins.

When reached for comment, Winnipeg police would only say that they have located "items of interest" but would not confirm what those items were.

Construction workers at the scene confirmed police had been at the site, but would not elaborate.

DAVE BAXTER/FOR METRO



## NEWS

## On the web

## Planned prank takes unexpected turn

A prankster and his partner came up with a high-concept ruse intended to convince a Boca Raton, Fla., man that he was the target of a Russian hitman — but things didn't turn out quite as intended. Go to metronews.ca to see how the prank went awry.

## Florida robbery reignites law debate

Florida's controversial "Stand Your Ground" law is back in the news after an elderly man brazenly shot and wounded two people during an attempted robbery at an Internet café. Go to metronews.ca to watch the shocking video.

## Mobile news



A zoo in Ukraine is now home to a group of white lion cubs that can only be described as heart-meltingly cute. Scan the code to see photos of these cuddly predators eagerly awaiting feeding time.

## Photos case. Chapman was open to sex for cash, Lori Douglas panel told

The inquiry into sexually explicit photos of a Manitoba judge became even more lurid Wednesday.

The man who filed a sexual-harassment complaint against the judge was accused of being prepared to have sex with another woman for money.

Alexander Chapman is in his third day of testimony at an inquiry into Lori Douglas, who he says harassed him in 2003 when she was a lawyer.

The judge's lawyer has produced excerpts from Chapman's diary.

In the diary, Chapman writes about getting paid \$500 a week by a neighbour to "do" the neighbour's wife.

Chapman denies the diary entries were about sex — he says he was being paid \$500 a week to teach his neighbour's wife computer skills.

"You've given an account to this (inquiry) panel which I'm going to suggest to you is false," Sheila Block, Douglas's lawyer, told Chapman.

"That's not right," Chapman said.

"It's your diary," Block fired back. **THE CANADIAN PRESS**



Alexander Chapman  
THE CANADIAN PRESS

### The allegations

Lori Douglas is facing four allegations:

- That she sexually harassed Chapman.
- That she failed to disclose the issue when she was screened for a judicial appointment.
- That she didn't fully disclose some facts to the inquiry.
- That the photos have undermined confidence in her ability to act as a judge.



## That's wheely colourful

Cirque du Soleil performer Eric St-Onge spins on a Cyr wheel during a rehearsal for Quidam, which will run at MTS Centre from Thursday to Sunday. **DAVE BAXTER/FOR METRO**

## NO TRASH TALKIN' FOR HER, JUST ACTION



ABOVE-AVERAGE JOE  
Kerri Salki

**Meet Brenda Hogan:** Brenda is a self-proclaimed "refusologist." Five years ago, while walking through Osborne Village, Brenda noticed

how littered her community had become. Instead of doing nothing, she took action. Using her free weekends, she grabbed a broom, borrowed a shopping cart and started to pick up the mess. The Osborne Village BIZ offered her a job! She picks up trash, removes posters, sweeps sidewalks and rakes leaves. Recently Brenda received the Mayor's BIZ Appreciation Award.

**Born in:** The Blackgold Capital of Manitoba

**Occupation:** Refusologist/BIZ ambassador

**Dream job:** Flight attendant

**Favourite season:** Winter. I'm not nearly as grouchy!

**Favourite time of the day:** Dusk in the summer. It's peaceful, the noise just seems to filter away.

**What do you like to read?** Trashy mags! Hey, I'm in the business of trash!

**Who is your local crush?** Firefighters at No. 4 in the Village.

**Pet peeve:** Cyclists who ride on the sidewalk.

**What would your last meal be?** Carlo's and Murphy's nachos supreme, Sal's cream of chicken soup, Sorrentos' Greek salad, Hy's steak (rare) and cheesecake!

*Just because they're not famous, doesn't mean they're not a somebody. If you know an Above-Average Joe who you think needs recognition, email me at [kerri.salki@102clearfm.rogers.com](mailto:kerri.salki@102clearfm.rogers.com).*

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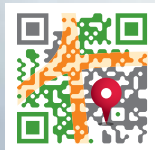
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# Audacious rebel bomb rips apart Syria's inner circle

**High-level meeting blasted.** Top ministers killed as rebels strike at the heart of the regime; mystery over Assad's whereabouts

A bomb ripped through a high-level security crisis meeting in Damascus, Syria, on Wednesday, killing three top regime ministers — including President Bashar Assad's brother-in-law.

It was the rebels' boldest attack yet in the country's civil war.

The Assad family has ruled Syria for four decades, creating an ironclad and impenetrable regime. Wednesday's attack was an unheard-of strike on the inner circle.

Syria's rebel commander, Riad al-Asaad, claimed responsibility, saying his forces



Gen. Fahd Jassem al-Freij was named defence minister after the deadly blast. THE ASSOCIATED PRESS

planted a bomb in the room and detonated it.

All those involved in the attack are safe, he said.

"God willing, this is the beginning of the end of the regime," al-Asaad said in a telephone interview from his

base in neighbouring Turkey. "Hopefully Bashar will be next," he added.

The whereabouts of Assad, his wife and his three young children were not immediately clear.

Syrian TV confirmed the death of Defence Minister Dawoud Rajha, 65, a former army general and the most senior government official to be killed in the rebels' battle to oust Assad.

Also killed was Gen. Assef Shawkat, the deputy defence minister who is married to Assad's elder sister, Bushra, and was one of the most feared figures in the inner circle.

A third official, Hassan Turkmani, a former defence minister, died in the attack.

Syrian TV said Gen. Fahd Jassem al-Freij had been named the new defence minister. Al-Freij used to be the army chief of staff.

THE ASSOCIATED PRESS



## Time to gallop out of Dodge

As flames creep ever nearer, it's a race against time. Horses are moved from an equestrian club near Patras, Greece, on Wednesday as wildfires sweep the area, threatening homes. The flames were fuelled by high winds and 40 C heat. GIANNIS ANDROUTSOPOULOS/THE ASSOCIATED PRESS

### Teen targets

## Israel blames Iran for bus blast

Angry Israel blamed Iran after a bus carrying Israeli teens exploded Wednesday in a Bulgarian resort.

Israeli Prime Minister Benjamin Netanyahu called it "an Iranian terror attack" and promised a tough response.

At least four people were killed and more than two dozen wounded in the blast in the Black Sea city of Burgas.

THE ASSOCIATED PRESS

### Hundreds of kids die

## Lethal virus closes schools

Cambodia is closing all kindergartens and primary schools to try to stop the spread of a virus that has killed hundreds of kids around Asia.

More than 2,700 kindergartens and 7,000 schools closed Wednesday because of the enterovirus 71 strain, or EV-71.

Victims suffer high fever, brain swelling, paralysis and respiratory shutdown.

THE ASSOCIATED PRESS



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## Birth defects. Australian woman wins millions in Thalidomide lawsuit

An Australian woman born without arms and legs after her pregnant mother took the anti-morning-sickness drug Thalidomide has reached a multimillion-dollar settlement with the medicine's British distributor, her lawyer told a court Wednesday. The German maker of the drug refused to settle.

Lynette Rowe, 50, of Melbourne, is leading a class-action suit on behalf of children born with congenital birth defects linked to Thalidomide. The drug was given to pregnant women in the 1950s and 1960s as a treatment for morning sickness, but was yanked from the market in 1961 after it was linked to birth defects.

Rowe sued three parties: German drugmaker Grunenthal, U.K.-based Distillers Company (Biochemicals) Ltd. — which sold the drug in Australia — and Diageo Scotland Ltd., the successor company to Distillers.

In court on Wednesday, Rowe's lawyer, Peter Gordon, said his client had reached a settlement with Diageo and Distillers while Grunenthal declined to settle.

Exact terms of the settlement were confidential, but Rowe's lawyers said it was several million dollars. The lawsuit asked for compensation for the victims' pain and suffering, lost wages and future medical care.

THE ASSOCIATED PRESS

### Human-rights tribunal

## B&B ordered to pay for refusing room to gay pair

The owners of a now-closed Christian bed-and-breakfast in British Columbia must pay more than \$4,000 for refusing

a room to a gay couple. Brian Thomas and Shaun Eadie had booked a room at the Riverbend Bed and Breakfast in Grand Forks in June 2009. But their reservation was cancelled shortly after the establishment's owners, Susan and Les Molnar, realized the two men were together.

THE CANADIAN PRESS

# South Africa celebrates Mandela's 94th birthday



Two women walk past a mural designed to celebrate former South African president Nelson Mandela's 94th birthday, in Johannesburg on Tuesday.

THEMBA HADEBE/THE ASSOCIATED PRESS

## Respect. Divided nation comes together to pay tribute to former leader in song and good deeds

A nation divided between black and white, rich and poor, came together Wednesday to honour Nelson Mandela, the deeply loved statesman who helped bring freedom to South Africa. The good deeds done on Mandela's 94th birthday ranged from building houses to performing free eye-cataract operations.

Education officials estimated nearly 12 million children kicked off celebrations

### Appreciating an icon

"Mr. Mandela taught us to love ourselves, to love one another and to love our country."

Archbishop Emeritus Desmond Tutu, on former South African leader Nelson Mandela

in the morning with resounding "Happy Birthday" choruses in schools from well-funded private institutions to barely furnished rooms in villages.

Millions more South Africans joined in from offices, buses, train stations and Mandela Square, set amid the plush skyscrapers and exclusive boutiques of Johannesburg's Sandton City.

Mandela spent the day quietly with family and friends in southeastern Qunu village, according to Sello Hatang, a spokesman for the Nelson Mandela Foundation. An AP Television cameraman caught the venerated leader with a champagne flute in his hand, flanked by his wife, Graca Machel, and former wife Winnie Madikizela-Mandela, before a ribboned two-tiered birthday cake.

Communities in South Africa dedicated 67 minutes of the day to volunteer work and projects for the needy — one minute to mark each of Mandela's 67 years in public service.

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## 12 killed in ferry accident off East African coast

A Zanzibar official says 12 people were killed in a ferry accident off the coast of Tanzania's island region of Zanzibar.

Mwinyihaji Makame, a deputy minister in the office of the president, said Wednesday it remained unclear how many passengers were on board, but witnesses said the ferry carried more than 200 people when it sank.

The ferry was leaving the Tanzanian port city of Dar es Salaam and was headed

for Zanzibar, which is popular with tourists.

Makame said a rescue effort was on and that police were investigating what caused the accident.

Last September more than 200 people were killed when a crowded ferry travelling between two islands of Zanzibar sank off the East African coast. Officials described it then as the worst accident in Tanzania's maritime history.

THE ASSOCIATED PRESS



Survivors of the ferry accident are brought into port in Zanzibar on Wednesday. THE ASSOCIATED PRESS

## Guess what's more common in men?



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Mark Carney, governor of the Bank of Canada, holds a press conference at the National Press Theatre in Ottawa on Wednesday to discuss the contents of the Monetary Policy Report. SEAN KILPATRICK/THE CANADIAN PRESS

## Carney says he'll help reform LIBOR system amid rigging scandal

Mark Carney says he intends to use his position as head of the international Financial Stability Board (FSB) to take up the issue of reforming the scandal-plagued interbank-lending system at the earliest opportunity. The Canadian central banker said Wednesday he's already exchanged views with his counterparts in the world's leading economies and plans to discuss possible reforms in September, when FSB officials next meet. Carney said he and U.S. counterpart Ben Bernanke agree that LIBOR, the London interbank offered rate — which

sets terms under which banks lend each other funds and influences other interest rates — is structurally flawed.

"The facts that have emerged around the LIBOR situation are deeply troubling," he told reporters in Ottawa in his first public comments since the scandal over rate-rigging broke this spring.

LIBOR has been discredited recently by evidence that some of the banks that set the benchmark have provided false information in order to support their positions as far back as 2008. **THE CANADIAN PRESS**

# Funding cuts to lower cable and satellite bills

**Broadcasting.** The CRTC is phasing out a local-programming fund aimed at helping stations during the 2008 recession

### Upcoming cuts

Beginning Sept. 1, required contributions will be cut to one per cent of gross broadcasting revenue, and on Sept. 1, 2013, the fee will be cut to 0.5 per cent of gross broadcasting revenue.

- By Sept. 1, 2014, the fund will be discontinued.

Cable and satellite bills will be shrinking a little bit as the CRTC begins to phase out a special fund designed to boost local programming.

The Canadian Radio-television and Telecommunications Commission issued a decision Wednesday, saying that the Local Programming Improvement Fund will be phased out over the next two years. It was introduced during the 2008 recession to help conventional stations operating in non-metropolitan areas.

Many cable and satellite providers passed along the 1.5

per cent fee of the recurring monthly bill to consumers, and the CRTC says they can expect a corresponding reduction in their cable or satellite bills as the fee is phased out.

In 2010, 78 stations received funding totalling \$100 million. In 2011 80 stations received \$106 million.

"The fund was created to ensure television stations had the resources to meet Canadians' needs for local programming.

We are satisfied with the support it has provided during a difficult economic period," said Leonard Katz, CRTC's vice-chairman of telecommunications and chair of the hearing panel.

The CRTC said the financial situation of these broadcasters has improved due to a recovery in the advertising sector as well as a successful transition to digital television. It said it was confident that these stations will maintain the same quality of programming without support from the fund.

Cable and satellite companies must prepare a report by Sept. 17, outlining the measures taken to ensure that the bills of affected consumers will reflect these reductions, and they must also provide evidence that consumers have been notified or that they were never required to pay the contribution.

**TORSTAR NEWS SERVICE**

### StatsCan

## Chinese coming to visit more often

Statistics Canada says fewer people travelled to and from Canada in May compared to travel in April.

Canadian residents made 5.3-million trips abroad that month, mostly to the U.S., but that's 1.7 per cent fewer trips than in April. However, Chinese visitors to Canada rose to 24,000 trips, a 3.4 per cent increase. Statistics Canada reports that China has overtaken Australia as the fourth-largest overseas market for Canada behind the U.K., France and Germany. **THE CANADIAN PRESS**

### Market Minute

**DOLLAR**  
98.94¢ US (+0.18¢)

**TSX**  
11,579.15 (+7.96)

**OIL**  
\$89.87 US (+65¢)

**GOLD**  
\$1,570.80 US (-\$18.70)

**Natural gas:** \$2.973 US (+17.7¢)  
**Dow Jones:** 12,908.7 (+103.16)

## Microsoft. Windows 8 set for release Oct. 26

Microsoft says Windows 8 will go on sale Oct. 26. The upgrade to its operating system is designed to work better with touch screens and on tablet computers.

Microsoft announced the date in a blog post and at its annual sales meeting Wednesday.

The software company had said earlier that Windows 8 would go on sale in October.

Microsoft is releasing the software as a downloadable upgrade that day for PC owners, and letting PC makers start selling computers with Win-

### Upgrade

**\$40**

For an upgrade from Windows XP, Vista or 7, Windows 8 will cost \$40 US.

dows 8 the same day.

The \$40 upgrading fee is much less than Microsoft Corp. has charged for previous operating system upgrades.

People who bought a Windows 7 computer on June 2 or later can upgrade for \$15 US.

**THE ASSOCIATED PRESS**

# The future is in e-retailers: Report



Big-box retailers are starting to feel the heat from online retailers like Amazon, concludes a new report on the future of retail. MATT CARDY/GETTY IMAGES FILE

The future of retail is in the palm of your hand.

"Big-box retailers like Best Buy and Walmart are starting to feel the heat as sales decline in the face of stiffer competition from e-retailers like Amazon," declares the third annual Future of Retail report from trend-watchers PSFK.

"Showrooming is the new reality."

Meaning, explains PSFK founder and president Piers Fawkes, customers are already using their mobile phones to shop and retailers have to stop fighting and join in.

"There's a great opportu-

nity to provide personal service," says Fawkes. "Technology is pretty cheap compared with the proprietary systems of the past."

The future, then, lies in combining that mobile, roving database customers are carrying with brick-and-mortar shopping.

Fawkes uses the example of trying to find a jacket online.

Currently he has to rifle through 100,000 jackets he doesn't want first. Soon, retailers will know how to show him two or three that meet all his criteria.

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# LIFE SUCKS AND THEN YOU DIET



**HE SAYS...**  
John Mazerolle  
metronews.ca/hesays

This is hard to swallow, but I think the weight-loss industry may have some ethical problems.

I know. It's one of those instances where our illusions are shattered and our innocence is

lost, like when the emperor in the Star Wars prequels turned out to be evil.

But I'm convinced it's true.

As an in-depth researcher of societal trends (I read Google News), I've noticed that a new weight-loss drug or diet plan or study is released almost every day.

The drug is usually approved by the authorities, but has a list of side effects as long and painful as Atlas Shrugged.

And the diet plan, even if it works, usually charges you to do something you could do on your own ("Order our Triple-A 'Activity Addition Abacus' for only \$19.95!").

What makes it worse is all the self-evident studies. Either it's a "positive" study showing, for instance, that running a marathon is linked to looking good in shorts, or it's a "negative" study that shows, say, a possible connection between heart disease and freebasing gravy.

The upshot is, we all know losing weight is hard, but we also know the proper way to deal with it.

I am, of course, talking about the only solution: Mazerolle-Brand Diet Products! Yes! With my unique line of inexpensive weight-loss tools, people will be asking if you've been recently ill or your money back.

## My products:

- **The Diet Diary:** New findings suggest that the best way to lose weight is to keep a food diary. But what does it say about your self-esteem if you scratch out your meals on some random piece of paper? If you care about yourself, you'll buy my handsome pleather-bound Duo-Tang, complete with example entries to get you started: "Dear Diary, I like bacon sooo much. 'Like' like! But does bacon even know I exist?"
- **The Self-Dismemberment Diet:** Also known as SDD, is a quick and easy plan to lose weight. Would you give your right arm to lose weight? Then do it! Worried about side effects? Remove a side! To help stop the bleeding, order a Mazerolle Diet Plan Tourniquet.
- **Bachelor's Package:** This is the linchpin. You'll learn my own personal tricks for staying thin, such as losing your debit card on the weekend, or reminding yourself that if you cook it will mean doing dishes. Also, I lost 20 pounds (really) when the Boston Bruins made their 2011 Stanley Cup run, mostly due to stress. So cheer on a successful team. (WARNING: If you are waiting on a Canadian NHL team, you will balloon to 400 pounds.)

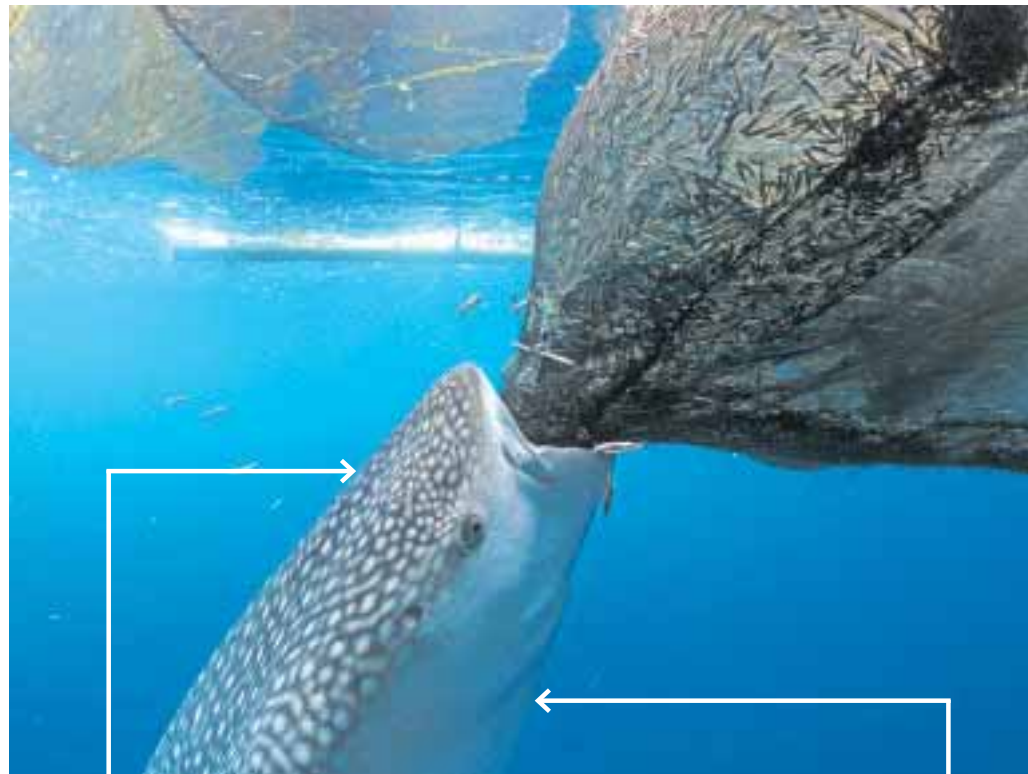
And those are my completely ethical weight-loss products. I hope you find them helpful.

One parting tip is to remember that dieting is still about eating, not starving yourself. When I get peckish, I feel free to open the fridge and treat myself to whatever's in there — usually a box of baking soda and a jar of capers. If that doesn't help you lose weight, nothing will.



**Don't weight until it's too late to push back the scale.** ISTOCK

# Shark is having a whale of a time



MARK ERDMANN/CONSERVATION INTERNATIONAL

## Wildlife expedition

### Whale shark food feast goes viral

Divers caught a rare scene of the world's largest fish, the whale shark, sucking silverside bait fish out of a fisher's net.

The video footage taken by environmental group Conservation International (CI) in Indonesia's Cenderawasih Bay has become a viral hit since it was uploaded on YouTube last month, amassing more than 1.3-million hits.

METRO

## Biologist's view



**"The interest this video has gotten on the Internet is amazing and it underscores the need for these types of expeditions to further knowledge of whale sharks."**

Dr. Mark Erdmann, marine biologist and senior advisor to CI-Indonesia's marine program

## Quite the appetite

- **Purpose of expedition.** To inject whale sharks with pill-sized transmitters, which serve as a unique, permanent "ID card" to monitor animals' behaviour and history.
- **Diet.** Whale sharks, the largest species of fish in the ocean, can eat up to 2.6 tons of plankton and small fish per day. Whale sharks are "filter feeders": They jut out their jaws and passively filter food into their mouth.

## Adding it up

# 15

metres is the top length of a whale shark — as long as a common yellow school bus. On this expedition, a total of 30 individuals were successfully tagged.

## Go to metronews.ca ...

- ... to see a video of the shark devouring its lunch and watch scientists free it after it gets caught in the net!



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## Do you think sugary drinks should be banned in restaurants?

75%  
NO. IT'S MY CHOICE TO CONSUME 10 TEASPOONS OF SUGAR IN A GLASS



25%  
YES. IT'S NECESSARY GIVEN OBESITY STATISTICS

## Twitter

**@kristaforte:** Well done Winnipeg! New terminal is awesome. There's even bathroom stalls big enough for our carry-ons to fit in! #impressed

**@bella\_vita\_:** Ummm Marcellos on portage is pretty freaking amazing. Look at all this fresh, and healthy food!!! Time to gorge #Winnipeg #breakfast

**@Tpskaruk:** I have the first headline for when the #Bombers win under @joeyelliott14 once he gets to start "Jumping for Joey". You're welcome Winnipeg

**@AndreaRobin1:** Dear #Winnipeg, I know the #STRETCHMARKS posters are hot, but please wait till after the show to take them. Thanks much. @WinnipegFringe





Big Wreck headlines Super-Spike 2012 this Saturday at Maple Grove Rugby Park. COURTESY RICHARD SIBBALD

# Big Wreck is back again

**Reunion.** Frontman Ian Thornley says new album *Albatross* has a fresh and slightly looser feel to it



**BACKSTAGE PASS**  
Jared Story  
winipeg@metronews.ca

Big Wreck frontman Ian Thornley says the band's recent reunion and subsequent album *Albatross* was 100 per cent organic.

"I was doing the solo Thornley thing and then I rekindled my friendship with Brian (Doherty), who I started Big Wreck with,"

## Quoted

**"The music was sort of sounding the way Big Wreck sounded before any record company got involved and started telling us how to write hits."**

Ian Thornley, on making the new album

Thornley says.

"Through our friendship he filled in on a couple. Thornley shows Paulo (Neta) couldn't do and it just grew out of that. That was the band (along with Brad Park and Dave McMillan) I went into the studio to make a record with. We didn't know we were going to call it a Big Wreck album though. That was an idea that came up about halfway through the process."

Thornley says the idea to call the project Big Wreck was brought forward either by *Albatross* producer Eric Ratz or executive producer Nick Raskulnecz.

At first, he was hesitant because ex-Big Wreck members Dave Henning and Forrest Williams were not involved.

"It didn't feel right at first for that reason, but everybody was so gung ho," Thornley says.

"Also, the music was sort of sounding the way Big Wreck sounded before any record company got involved and started telling us how to write hits. The way this record was made was very much like that, 'Ian go into the studio and make whatever you want.' It has a fresh, vibrant, fun and just slightly looser feel to it, which I think lends itself to the Big Wreck name."

Thornley says some of the riffs and melodies on *Albatross* had been kicking around since the original incarnation of Big Wreck, comparing it to "having a little pebble in your shoe that finally comes out."

That being said, Thornley doesn't think Big Wreck

could have made *Albatross* a decade ago.

"Just the growth personally and musically, having a clearer head and a cleaner idea of where you want to go musically, as opposed to 'Everything I do is f—ing gold so I'm just going to let it roll,'" Thornley says.

"When you're young and cocky, sometimes you can get that way. This was done with a little more precision and focus."

Big Wreck plays Super-Spike 2012 at Maple Grove Rugby Park this Saturday.

Super-spike weekend passes (Friday and Saturday) are \$25 and can be found at ticketweb.ca.

Big Wreck hits the stage at 10 pm.

# 2

## SCENE

### Scene in brief

## The award goes to...

The first time Kathleen Edwards was shortlisted for the Polaris Music Prize back in 2008, she didn't know much about the award. But it's a sign of how much the \$30,000 prize's profile has grown over the past four years that the Ottawa singer/songwriter felt very differently when she was nominated for a second time on Tuesday. She joined an eclectic 10-artist short list that also includes Toronto rapper Drake, Vancouver rock duo Japandroids and Calgary-reared songstress Feist. The Polaris Music Prize — awarded to the top Canadian album of the year based strictly on merit and not sales — is voted on by 200-plus music journalists, bloggers and broadcasters.

THE CANADIAN PRESS

### On the web



Walmart in Kodiak, Alaska, gets most 'likes,' wins personal appearance by rapper Pitbull

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# Walk Off the Earth parlays YouTube celebrity into a full-length album

**Gainful gimmick.** Band who covered Gotye's single on one guitar promises their music will stay fun — despite record deal

**PAT HEALY**  
Metro World News in Boston

If you're among the 127 million people who have seen Walk Off the Earth cover Gotye's mega-popular single with one shared guitar, you know that these five Canadians are all about innovation. So it's no surprise then that the band was able to leverage their YouTube popularity for an album that will be out in the fall. Though the album will comprise almost all original material (don't worry, the Gotye song will be on there), singer Sarah Nicole Blackwood says that the major label deal won't change



Walk Off the Earth's cover of Somebody that I Used to Know on one shared guitar was a YouTube sensation. SUPPLIED

their fun approach to music.

**With the very notable exception of the Somebody That I Used to Know clip, there are so many different**

**instruments in your videos. Do you bring all of them on tour?**

Yeah, we totally do. Our crew hates us, actually. Not only do we bring them but we throw

them at them throughout the show.

**You're the only one who's playing regular guitar there, plucking strings and fret-**

**ting, right?**

Yeah. I mean Gianni [Luminati Nicassio] is doing the same thing, kind of soloing away, [Ryan] Marshall's got the bass line, Joel [Cassady] is playing

drums and then Beard Guy's playing the clanky noise.

**You really call him Beard Guy?**

Yeah, we actually call him Beard Guy. Well, in the band. ... He's always had his beard. He just looked really cool when we were doing takes for the video. As we shoot a video it's really cool how each character will develop pretty much right away, so we were watching some of the takes that we had done and we were just like, "Dude, you look cool just staring off to the side like that, just do that." And that kind of became his character. But we actually do like — when we talk to him, instead of saying "[Mike] Taylor," we'll be like, "Hey Beard!"

**How long does it typically take to do one of these videos?**

A long time. Most of our videos are one take, which is — it takes a long time to shoot but it takes a short period of time to edit, which is a lot nicer.

MANITOBA LOTTERIES PRESENTS

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Patrons must be 18 years of age or older. Photo ID may be required.

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Considered the greatest bounty hunter in the world, Duane "Dog" the Bounty Hunter, Chaparral is coming to Winnipeg!  
This is a charity event for Teen Challenge.

With more than 6,000 signatures in his 27-year career, this highly entertaining, dramatic, on-camera and off-camera Christian is the king of the contestants. This modern-day legend has served time in a Texas prison. It was what rehabilitation started Dog.

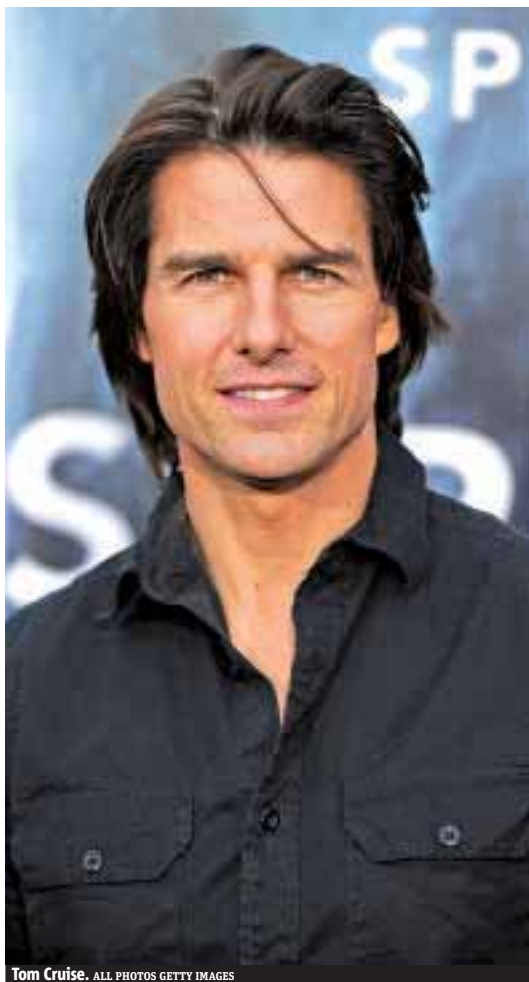
Now on the right side of the law, Dog is devoted in his efforts to bring in the bad guys and encourage them to turn their lives around. Over the years, the list of fugitives Dog claims to have either helped catch or single-handedly brought to justice reads like a who's who of America's most wanted, including high profile fugitives and Max Factor CEO, Maxine Factor.

Upcoming Engagements & Event Dates:  
Friday, July 27th, 2012  
Victoria Inn & Conference Center  
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Tom Cruise. ALL PHOTOS GETTY IMAGES

## Tom Cruise gets first visit with Suri since divorce

Tom Cruise had his first visit with daughter Suri since he finalized his divorce settlement with Katie Holmes, according to Us Weekly.

The actor flew overnight from the California set of Oblivion to spend time with the six-year-old in New York, where paparazzi spotted Cruise carrying Suri around, her head buried in his shoulder.

"Katie wants to make sure the visits are in the

### Quote

**"Katie wants to make sure the visits are in the context of him being a parent figure."** Source

context of him being a parent figure," a source recently told the magazine. "He adores Suri, but now he's afraid he won't be able to have a close relationship with her."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Limbaugh trying to get a rise out of Dark Knight fans

### THE WORD

Monica Weymouth  
scene@metronews.ca

Rush Limbaugh is like a cat on a diet — it's best to ignore his constant whining and pawing until it's truly impossible to read the paper in peace.

Unfortunately, today is one of those days, so you'll have to excuse us as we tune in to his thoughts on The Dark Knight Rises.

On his Tuesday radio show, Limbaugh laid out an impressive conspiracy theory, even for him: The villain of the latest Batman flick is named Bane, which he believes is a reference to the venture capital firm presumptive Republican presidential candidate Mitt Romney worked for. Take it away, Rush.

"Do you think that it is accidental that the name of the really vicious fire-

breathing, four-eyed whatever in this movie is named Bane?" he asked. "A lot of people are going to see the movie — and it's a lot of brain-dead people, entertainment, the pop-culture crowd — and they're going to hear Bane in the movie and they're going to associate Bain. The thought is that when they start paying attention to the campaign later in the year, and Obama and the Democrats keep talking about Bain, Romney and Bain, that these people will think back to the Batman movie — 'Oh, yeah, I know who that is.'"

Rush, we're going to excuse the "brain-dead" comment in the hope that it's a zombie reference — we mindless pop-culture people like our zombies.

But we also have to point out that the character of Bane first surfaced in the 1993 comic and also appeared in the 1997 film Batman & Robin.

Now, as for Heath Ledger's spectacularly, award-winningly deranged Joker? We can't promise there wasn't a little GOP inspiration there.



Jennifer Lopez

## Lopez looked through Casper when they first met

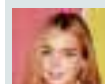
In his first public comments about his relationship with Jennifer Lopez, Casper Smart admits he didn't see fireworks the first time they met.

"I don't think it was for either of us," Smart

says when asked by Good Morning America if it was love at first sight for him and Lopez.

"It was just very natural how it happened. There was nothing before, no flirting, nothing."

### Twitter



@lindsaylohan

its interesting to orchestrate a sex scene w/forks & spoons



@channingtatum

I think all thongs are "interestingly" uncomfortable and hilarious.



@BrettRatner

Who knows where I can buy this round sauna with a window for my house?



@normmacdonald

A dingo punched my son in the face for not doing his homework.

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# Licence to kill... in style

**New Bond film Skyfall marks 50 years of girls, gadgets and 007 charm.**

Here, the film's costume designer Jany Temime talks tight trunks and getting up close and personal with Daniel Craig's 'perfect body'

**RICHARD PECKETT**

life@metronews.ca

Since James Bond first hit the screen in 1962's Dr. No, 007 has been privy to a bevy of top tailors and international designers. The latest is Jany Temime, costume designer of this fall's Skyfall — and long-time Harry Potter costumer. She's charged with bringing

Bond into 2012 while respecting his legacy.

"James Bond is such an iconic figure, so in one way you have to modernize it, but on the other side you have to respect people's expectations," she tells Metro.

Daniel Craig is the sixth Bond to step into the breach and puts his body on the line for Queen and Country with the good fortune of having Tom Ford's tailoring as his body armor of choice. "We decided to settle for something very body-conscious in muted colors like soft blues and grays. First, he has a lovely body," she says, with a laugh, "so it was quite interesting to use it and second, it helps to follow all his movements."

The French-born designer assures me that she took inspiration from the '60s, with a nod to the first Bond played by Sean Connery. "It has a modernized '60s al-



Tight tailoring and a fixed glare, ready for action SONY

lure but not boxy like a suit from that era. The suit has narrow lapels, high-waisted, tight trousers that just break on the shoes and cut in lightweight fabrics such as fine wool and mohair."

Body-skimming tailoring

is one asset that Bond has never been shy of bearing all for the camera — and we'll see his legs in this installment.

"His light blue shorts, they're very iconic of Bond and why not? Daniel Craig

has the body to use them," she lets slip. When asked if they're similar to Connery's Dr. No trunks, she responds, "Well, let's just say that the shape and the colour could be similar. I'm not allowed to tell you that, I suppose!"

## Designing 007

Designing 007: 50 Years of Bond Style, a new exhibit in London, features the looks of Bond past, including:

### Matchy-matchy Bond girls



Dr. No and Die Another Day.

### Gadgets and gizmos

Jaws' Teeth: Moonraker & The Spy Who Loved Me



The Golden Gun: The Man With The Golden Gun

### Here's a look at what else we'll see

#### Eve, the co-worker

"She's the colleague that you shouldn't play with; that very sexy 'girl next door' kind of look," says Temime. Gents, it certainly appears that the high-octane action scenes are not the only thing that'll excite as the designer enthuses, "Eve (Naomie Harris) has the most amazing body and the most beautiful bottom (gasps). I used bright colours, a yellow skirt, orange dress and beige because of the colour of her skin — it brings a warmth and a flash in the film."



#### Séverine, the Bond girl

"I was inspired by the film noir and the '50s — she has that aura of classic beauty," says Temime. It seems Séverine, played by the sultry Bérénice Marlohe, is a femme fatale who shares traits with Eva Green's Vesper Lynd (Casino Royale) as the costume designer describes: "She is somebody who you never quite understand but you know that she has had a heavy past." She adds, "Séverine, she's a bad girl."



#### Temime on Bond baddie Silva

"Oh, Javier (Bardem) is completely different. He has a touch of sexual danger," says Temime, who continues the movie's sexual trope. Although Bardem's role in the film is being kept hush-hush, he does at one stage appear like many Bond villains before him with a blond hairdo. The costume designer reveals: "His suits are from a Savile Row tailor. If James Bond is an English gentleman in every situation, Javier is not in all."



# 3

## LIFE

### Fashion Flash

### Famous fanny: Gaga bares bod for fragrance

Lady Gaga has revealed her body yet again in an advert for her first fragrance Lady Gaga Fame. The ad campaign, shot by world-famous fashion photographer Steven Klein, features a reclining nude Gaga wearing a black mask as she holds the gold-topped fragrance bottle in an outstretched hand. Luckily for Gaga, her intimate areas are dutifully hidden by what appear to be mask-wearing, thong-clad miniature mythical warriors — 'Little monsters' perhaps? The scent's ingredients are listed as Tears of Belladonna, crushed heart of tiger orchidea, with a black veil of incense, pulverized apricot, and the combinative essences of saffron and honey drops." Bizarre, yes, but suitably kooky.

METRO WORLD NEWS

### On the Web



The high-tech swimsuits of the last Summer Olympics have been banned, but Canada's swimmers say it's still an adventure squeezing into their tight racing suits. Scan the code to watch the video.

# How to work from home — in style

**Design meets function.** Consider wood tones, fabrics, furniture and storage as part of your decorating scheme



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

**Beginning in the fall, I will be working part-time from home. To accommodate this I need a small desk area for my laptop and storage, which will all need to go in my living/dining room. Any suggestions on how this could work?**

The last thing you want is to set up an obvious office in the middle of your entertaining space, especially when you won't be using it full-time.

I suggest creating a desk area that blends with your current



Organic Chair, \$278,  
homesav.com

decorating scheme. Consider wood tones, fabrics, furniture styles and method of storage as your key components when deciding how to decorate.

An option for a discreet, non-traditional desk could be something as simple as a modern Parson-style console table, an antique secretary china cabinet (that also offers decorative display) or a retro-



Nailhead  
Upholstered Storage  
Bench, \$479, westelm.com



A casual home office desk can be something as simple as a sofa table. HANDOUT

looking desk that is both sculptural and practical.

If you are only using an office chair for an hour or so each day then choose something comfortable yet super-stylish, rather than the standard five-wheeled executive chair.

Match the chair's style to the desk; if you've chosen a retro desk, then choose a retro chair. The chair should

blend well enough into your living room's decor scheme that it could be used as extra seating without looking out of place.

There are two types of storage: decorative storage that is close at hand (for monthly files, receipts and reading materials) and a long-term storage option such as a locker or

an upper shelf in a closet to hide taxes, old files and rarely used office supplies.

Once you choose your desk, chair and storage, the fun begins. Treat yourself to a

Crane Desk, \$765,  
crateandbarrel.com

few accessories, such as wall sconces, artwork, lamps and other decorative accessories, that blend with your living room's decor and finish off the new work area.

Want to look professional during a Skype conference call? Make the background a neatly arranged bookshelf (with books), not a messy kitchen with your cat on the counter.

## Cleaning tips

### Tackle household germs



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

**What are the most common areas for germs in the average household?**

You might be surprised to

learn there are more germs in the average household kitchen than in the bathroom!

Why? We know about the bacteria in our bathroom and make more of an effort to clean it. But we often don't see or understand bad bacteria in the kitchen or in the remainder of the house.

Here are four common areas that harbour germs and bacteria around your home:

1. The kitchen sponge: Replace often and wash

daily. You can put it in the microwave for one minute on high or in the dishwasher with the full drying cycle to kill bacteria.

2. The remote control: Did you know in hotels the remote is the one item with the most bacteria? Use a cotton swab with alcohol weekly.

3. The telephone and cell phone: Use a cotton swab with alcohol weekly.

4. Door knobs of the bathroom and front door: These also need to be cleaned weekly.



Your kitchen sponge may have more germs than your toilet. ISTOCK IMAGES

  
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# Superfood makes super pasta

Any variety of kale is fine in this super easy pasta dish as everything is cooked in one pot, says Sharon Hanna, author of *The Book of Kale*.

Feel free to use mature leaves as they'll be whirled with goat cheese to create a strikingly green pesto that melts into the hot pasta. If you have calendula in your garden, be sure to garnish the pasta with some edible orange petals — nasturtiums work too.

This is suitable for vegetarians and those on a gluten-free diet if non-gluten pasta is used.

1. Bring a large pot of salted water to a boil. Add garlic and shallots and boil gently for 4 minutes. Add kale leaves and continue to boil for another minute. Watch the pot — you want the kale to remain bright green.

2. Using a slotted spoon, remove kale to a colander. Scoop out garlic and shallots and transfer them to the bowl of a food processor. Leave pot with water at a boil. Drop pasta into boiling water.

3. While pasta is cooking, squeeze excess moisture from kale. Add to food processor

along with cheese, pine nuts, salt, pepper and lemon juice. Process while adding olive oil slowly, until mixture is creamy.

4. Let pesto mixture stand until pasta is cooked to the desired texture.

5. Drain pasta well and combine with pureed mixture. Before serving, sprinkle with extra goat's cheese and fresh thyme leaves, if desired.

**THE CANADIAN PRESS/THE BOOK OF KALE: THE EASY-TO-GROW SUPERFOOD BY SHARON HANNA (HARBOUR PUBLISHING CO. LTD., 2012)**

## Ingredients

- 6 large garlic cloves, peeled
- 2 or 3 small shallots, peeled
- 2 l (8 cups) kale leaves, packed
- 350 g (12 oz) dried farfalle (butterfly pasta)
- 250 g (8 oz) soft goat's cheese, plus extra for topping
- 45 ml (3 tbsp) pine nuts
- Salt and black pepper, to taste
- 45 ml (3 tbsp) lemon juice
- 125 ml (1/2 cup) extra-virgin olive oil
- Fresh thyme leaves (optional)

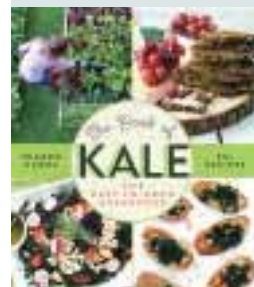
**Kale and Goats with Bows**



**This recipe serves four. THE CANADIAN PRESS H/O**

## Book of the week

Discover joys of a 'miracle food'



Kale has been lauded one of the most nutrient-dense greens in existence. Yet, many don't know how to make it taste good.

Sharon Hanna changes that with her book *The Book of Kale*, which offers more than 70 simple recipes for breakfast, lunch, dinner and snacks.

Wilted Kale with Caramelized Parsnips, Pizzocheri Noodles with Greens and Fontina, Kale and Potato Torta and Kale in Coconut Milk with Salmon Candy are all sure to blow kale skeptics out of the kitchen.

The book also provides tips on growing kale in your own backyard. **METRO**

## Cigarettes

### One more reason to butt out



**QUEEN OF GREEN**  
Lindsay Coulter  
green@metronews.ca

**Are there harmful chemicals in discarded cigarette butts?**  
-Craig of Montreal

Flicked out of car windows, stomped out on sidewalks and strewn about our parks and beaches, several trillion cigarette butts are littered worldwide each year.

And cigarette butts can leach chemicals such as cadmium, lead and arsenic into our environment within an hour of contact with water.

About 95 per cent of cigarette filters — added in the 1950s — are made of cellulose acetate, which is a plastic that degrades slowly. And the filter is designed to accumulate toxins.

A butt may contain up to 60 known human carcinogens, including formaldehyde and chromium.

Cigarette butts have been discovered in the stomachs of sea turtles, birds and dolphins. As

well as exposing animals to hazardous chemicals, they can also cause digestive blockages. When the butts are lodged in an animal's intestinal tract or collect in the stomach, they can cause death.

Nicotine has also been shown to be lethal to certain species of fish and other aquatic organisms. A study by scientists at San Diego State University found that a single cigarette butt containing a small amount of unburned tobacco was enough to contaminate a litre of water and kill half the fish swimming in it.

Some estimates indicate that one in three cigarettes end up as litter. I believe it. Each September I volunteer with the Great Canadian Shoreline Cleanup to pick up more than 400,000 cigarette butts.

They're one of the top five litter items, next to plastic bags, food wrappers, caps and lids, and cutlery and dishes.

The good news is that many cities are trying to reduce cigarette butt pollution — and reduce fire hazards and improve people's health — by banning smoking in parks and at beaches.

Thanks to the cities of Vancouver, Edmonton, Ottawa and Peterborough for leading the way!

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## 4

## SPORTS

## Cycling

## Wiggins' lead grows in France

Cadel Evans' hopes of retaining his Tour de France title collapsed Wednesday in the first day of Pyrenees punishment, losing ground to leader Bradley Wiggins in the 16th stage won by Thomas Voeckler. Evans fell from fourth to seventh overall after struggling on the last two climbs out of four in the stage, while Wiggins wore the yellow jersey a little more comfortably. Evans said he had been battling stomach problems. Also Wednesday, Luxembourg rider Frank Schleck denied taking any banned substance despite testing positive for a forbidden diuretic at the Tour de France, and has suggested he may have been poisoned. The RadioShack Nissan Trek team leader said he "formally rejects" having taken any banned substance, and requested the "B" sample to be tested. **THE ASSOCIATED PRESS**

## Mobile sports



The Brooklyn Nets' public courtship of Magic centre Dwight Howard has come to end — for now. The Nets signed Brooke Lopez to a four-year, \$61-million US extension on Wednesday and the seven-footer says he's harbouring no hard feelings. Scan the code for the story.



Argonauts quarterback Ricky Ray winds up for a throw against the Blue Bombers on Wednesday in Toronto. AARON VINCENT ELKAIM/THE CANADIAN PRESS

# Depleted Bombers fall to Argonauts

**CFL.** Three more injuries put winless Winnipeg behind eight-ball as Toronto ekes out victory

Ricky Ray threw three TD passes, including a 37-yard strike to Jason Barnes with 2:06 remaining, to rally the Toronto Argonauts past the hard-luck Winnipeg Blue Bombers 25-22 on Wednesday night.

Toronto (2-2) needed Ray's heroics to pull out the win over the injury-plagued Bombers (0-4), who lost receiver Terrence Edwards, safety Ian Logan and defensive lineman Brandon Collier to first-half injuries. The defending East Division champions have lost 10 starters



— including quarterback Buck Pierce — to various ailments this year.

After missing a wide-open Barnes earlier in the drive, Ray hit the streaking receiver with his first TD catch of the season before 22,485 spectators on a glorious evening with the Rogers Centre roof open. And the Barnes' score woke the crowd from its second-half slumber as the only previous scoring in the

final two quarters were three Justin Palardy field goals that put Winnipeg ahead 22-18.

A 45-yard kickoff return by Demond Washington put Winnipeg at its own 52-yard line with 1:55 remaining but quarterback Alex Brink came up a yard short on a third-and-10 run. The Bombers got the ball back at their 14-yard line with 37 seconds remaining, but Brink couldn't put Palardy in position to force overtime.

The loss tarnished a solid effort from both Palardy — he had five field goals — and Winnipeg's defence. The Bombers will literally limp back to Manitoba and prepare to play their first home game of the season next week against Edmonton.

Both teams were playing on

a short turnaround. Winnipeg came in following a 42-10 loss to Edmonton on Friday while Toronto dropped a 36-27 defeat in Hamilton on Saturday. And it showed, especially on offence as neither club was able to mount a consistent attack.

Toronto dodged a huge bullet late in the third when Dustin Doe returned an interception 33 yards to the home side's 15-yard line. But after two incompletions the Bombers had to settle for Palardy's 22-yard field goal that cut the Argos' lead to 18-16 at 11:59.

Cory Boyd and Chad Owens, who had fumbles, had Toronto's touchdowns. Newcomer Swayze Waters, replacing injured Noel Prefontaine (hip), booted the converts, a field goal and single. **THE CANADIAN PRESS**

## NHL

## No date-rape charge for Kings' Doughty

Prosecutors have declined to file a date-rape charge against Los Angeles Kings star Drew Doughty, citing insufficient evidence.

The Los Angeles County District Attorney's Office issued a report Wednesday concluding there was not enough evidence to prove the case beyond a reasonable doubt.

A woman who accused Doughty of raping her said she had consensual sex with him previously.

She told of drinking with him at a Hermosa Beach bar, then going to his home, where she alleged he assaulted her.

**THE ASSOCIATED PRESS**



Drew Doughty  
GETTY IMAGES FILE

## Joffrey Reynolds

## Former Stamps RB to be released from custody

An immigration adjudicator has ruled that a former star player with the Calgary Stampeders can be released from custody.

The adjudicator said Joffrey Reynolds does not pose a flight risk, but must abide by certain terms and conditions. He has to give a permanent address and must advise immigration officials within 48 hours if he moves. He must also report to authorities so they can keep tabs on him.

He was arrested Saturday in an alleged break-and-enter and domestic assault against a former girlfriend.

**THE CANADIAN PRESS**

# NHL labour talks remain peaceful for now



NHL commissioner Gary Bettman speaks to reporters on Wednesday in New York. JASON DECROW/THE ASSOCIATED PRESS

The NHL and the NHL Players' Association resumed labour talks at the league offices in New York on Wednesday.

The two sides held a cordial meeting for more than two hours in another round of negotiations for a new collective bargaining agreement before the current one expires on Sept. 15.

Executive director Donald Fehr said the NHLPA has not yet decided to make a counter-offer to the league's initial proposal last week.

"We requested further information," Fehr said. "The initial

## Quoted

"We have a lot of work to do and a relatively short time."

NHL commissioner Gary Bettman

proposal we are looking hard at.

"We're not at that stage (to submit a counter) yet. At the appropriate point in time, we'll make our proposal."

There were multiple reports coming out of the last round of talks that the owners' offer in-

cluded players' hockey-related revenues getting slashed from 57 per cent to 46 per cent. It also was reported that players would be forced to wait 10 years before becoming unrestricted free agents and that contracts would be limited to five years.

Fehr said the NHLPA would submit a proposal "at the appropriate point in time." He did not specify when that would be.

NHL commissioner Gary Bettman said the league's offer last week was a "serious proposal." **THE ASSOCIATED PRESS**





Emilie Heymans dives in the three-metre springboard event at the Canadian Olympic trials in Montreal in May. STEVE RUSSELL/TORSTAR NEWS SERVICE

# Heymans plunging towards history

**Diving.** One more podium finish will put Canadian legend in league of her own

Emilie Heymans could earn a special place in the annals of the Olympic Games this summer in London.

A podium finish in one of her two events would make her the first diver in history to win a medal at four consecutive Olympics.

Her record is already impressive: She has won at least

one medal in each of the major multi-sport games — Olympic, Commonwealth and Pan American — since her arrival on the international scene in 1999. In addition to her 15 medals, she won the 2003 world championship in the 10-metre tower and was runner-up in the three-metre springboard at the worlds in 2009.

But Heymans is not the type to dwell on her list of accomplishments. Leave that to her biggest fan, her father Eric Heymans.

"My father is very involved in my career," says the 30-year-old diver. "He manages my

sponsorship and media requests. I consult him often and he's the person whose opinion matters most to me."

In fact, Heymans has always relied on the support of both her parents throughout her career. Both were elite athletes in their own time.

Eric Heymans played soccer in Belgium, his home country, and her mother, Marie-Paule Van Eyck, competed in Montreal's 1976 Olympics as a member of the Belgian fencing team.

"We have always considered it a privilege to support her career," said her father.

No matter what happens in London, Heymans has already realized her dream.

"My childhood dream was just to go to the Olympics," says Heymans. "It remained a dream and I didn't think I could achieve it. So to have taken part four times, it's really extraordinary."

After the London Games, Heymans plans to retire from diving to begin another career she believes will be just as exciting. With a degree in fashion marketing, she's working on developing her own line of swimwear.

THE CANADIAN PRESS

## Playing hurt just part of Olympic sacrifice

When Canada's Olympic athletes prepare to dig in their oars, power down the track or execute a gravity-defying manoeuvre on the uneven bars, many may start with a silent prayer: "Please, God, don't let me get injured."

Pushing their bodies to the limits of physical endurance, competitors are all too aware they could pull a hamstring, sprain an ankle or worse.

"Injuries are unfortunately an inevitable part of physical performance," concedes Dr. Penny Werthner, a sports psychologist at the University of Ottawa who works with the national canoe-kayak team and diver Emilie Heymans.

And while most athletes

**Quoted**



"When you're a gymnast, you really are dealing with an injury every day. That's kind of the reality of it. There's always something that hurts."

Calgary's Kyle Shewfelt

gunning for Olympic medals are reluctant to speak about it publicly, many are likely nursing sore muscles and joints and keeping tabs on other not-quite-perfectly healed injuries as they prepare for London.

"I think every athlete who reaches any kind of high-performance role at the world and Olympic level has probably had several serious injur-

ies as a result of hard training, breaking something or pulling muscles," says Werthner.

Kyle Shewfelt is a case in point.

The Calgary gymnast captured the gold medal in floor exercises at the 2004 Olympics, but 11 months before the 2008 Games, he broke both upper tibias after a mistimed landing on the vault at a World Cup event.

Surgery and months of rehab, followed by hard training, allowed Shewfelt to compete at Beijing, though his performance couldn't match pre-injury levels. But even before shattering those shin bones, he was no stranger to serious injury.

In spring 2004, he severely bruised the main bone in his ankle and wasn't able to resume practising his routines until about a month before the Athens Games.

"Advil was my best friend," Shewfelt quips.

"I think many that are competing at the Olympic Games are on a heavy dose of anti-inflammatories. But it's just par for the course."

THE CANADIAN PRESS

## Basketball. With NBAers in town, largely ignored hoops gets some attention

The question would be almost unimaginable in North America.

"Who's No. 6?" a reporter asked a U.S. official.

Yes, even LeBron James isn't recognized everywhere in Britain, where soccer is king and basketball is an afterthought.

That will change at least briefly in Manchester on Thursday, with James and the U.S. Olympic team bringing it some rare attention with a game against Britain.

It's only an exhibition, so the result doesn't matter. But the event does, to those who want to see basketball gain a place in Britain's sports culture.

"This is a massive opportunity for British basketball to get some oxygen, to breathe life into the sport in this country," said Chris Mitchell, who calls Britain's games for BBC Radio. "Team USA being here is arguably the biggest-ever game this country has hosted." THE ASSOCIATED PRESS



LeBron James THE ASSOCIATED PRESS FILE

**Quoted**

"They will represent their country, they will cheer on their team and hopefully we can just play well in front of them."

LeBron James on playing in Manchester, England, on Thursday.

## Sex in the village. Party time for athletes fuelled by testosterone in London

Sex and the City move over. Here comes Sex in the Village. Make that athletes' village. As in Olympics.

Tales of shenanigans at the living quarters for 10,000 super-fit young men and women have always abounded, and London doesn't look as if it will be any

different.

U.S. women's soccer star Hope Solo recently dished about serious partying at the Beijing Games, and some newly arrived athletes say they can hardly wait for the fun to begin.

Most will restrain from going too far, aware they're in the international spotlight.

Still, there's no need to be prudish, according to the man overseeing the health of the Brazilian team.

"(Sex) is common at the Olympics. It's necessary. It's natural," Dr. Joao Olyntho Machado Neto said. "If you are going to be healthy people, why not make sex?"

"Brazil is very tolerant with sex as a country. We don't have Victorian minds and we're not religious." THE ASSOCIATED PRESS

**Quoted**



"The Olympics is the height of your career, so you

might do some things you don't usually do."

British beach volleyball player Shauna Mullin

**Athletes' village**

### Water runs dry after pipe delays

Parts of the athletes' village at the London Olympics are without water after delays installing pipes.

The café in the village's shopping area was closed for several hours on Wednesday and other "grab-and-go" cafés were also affected.

Organizers expect the issue to be resolved by Thursday.

THE ASSOCIATED PRESS

**Security**

### Border guards vote to strike

The union representing immigration staff at British airports says its members have voted to go on strike in a dispute over pay and job losses.

The vote by the Public and Commercial Services Union raises the possibility of a walkout during the Olympics, although no strike date has been set. THE ASSOCIATED PRESS

## Horoscopes

### Aries

March 21 - April 20

Usually criticism goes right over your head but today it won't be so easy to ignore what others say. Could it be because you know it is true? Maybe you can learn from what they have to tell you.

### Taurus

April 21 - May 21

No matter how many important things you have to take care of, you must make time for social activities. Being with fun-loving people will make you feel good too. All work and no play is not a recipe for happiness.

### Gemini

May 22 - June 21

The more sacrifices you make in one area today, the more you will gain in other areas. Financially, this is one of the best times of the year to replace the old with the new, so be ready to make changes.

### Cancer

June 22 - July 23

A new moon in your sign means you should be making big plans, the kind of plans that get other people talking. If you have a clear goal and always think positive you cannot fail. So what are you waiting for?

### Leo

July 24 - Aug. 23

Spend some time by yourself today so you can think about recent events and make sense of what's been happening in your life. Invest in a pair of really good ear plugs and shut yourself off from the world.

### Virgo

Aug. 24 - Sept. 23

Self-confidence is essential if you want to make progress, so don't waste time questioning your motives or your methods. Just get on with what you are doing.

### Libra

Sept. 24 - Oct. 23

The decisions you make over the next 24 hours will affect your career aims for a long time to come. Make sure you know what it is you want then make the effort to go out and get it. All things are possible.

### Scorpio

Oct. 24 - Nov. 22

Today's new moon will do wonders for your self-belief and make it easier for you to take the kind of risks that make good things happen. You will be extremely adventurous over the next 24 hours.

### Sagittarius

Nov. 23 - Dec. 21

Do you continue with a business deal that you are increasingly unsure of or do you give up on it? Don't feel you have to carry on just because other people want you to. It's your life and your choice.

### Capricorn

Dec. 22 - Jan. 20

A new moon in your opposite sign of Cancer means a new start is possible for a relationship that has been fading a bit. But don't leave it up to the other person to make the first move.

### Aquarius

Jan. 21 - Feb 19

Today's new moon will be good for your health. If you've been thinking about a new fitness regime, now is the time to do something about it. Don't plan far ahead. Take it one gym session at a time.

### Pisces

Feb. 20 - March 20

You will be inspired to try something new and exciting over the next 24 hours and chances are you'll like it so much it will become a central part of your life. New things are fun. **SALLY BROMPTON**

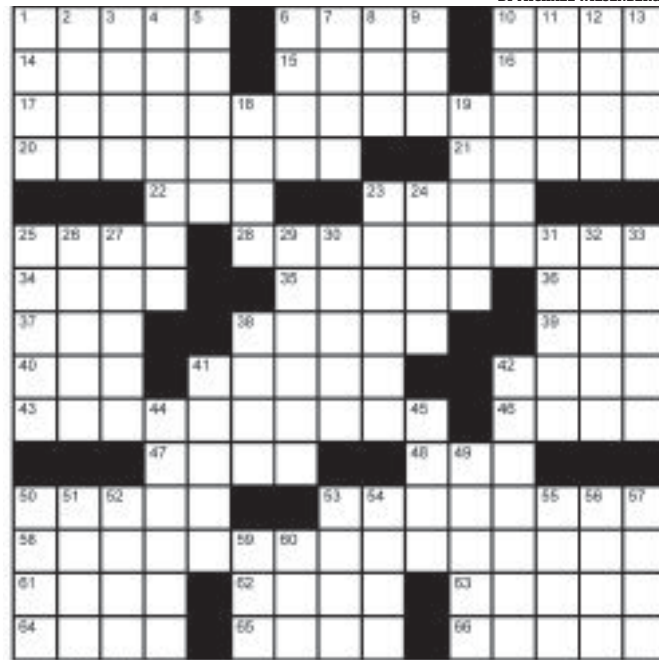
## Crossword: Canadian Geography

### Across

1. Emulate a volcano
6. Bay of Fundy fishing village ("Home of the Highest Tides in the World")
10. Imperfection
14. Glass: Fr.
15. Marshy wasteland
16. Jai follower
17. Cape Columbia, located here, is Canada's northernmost land point
20. In Monashee Mtns., BC's West Kootenay region, it's known as the Golden City
21. Ghostly
22. Hearer
23. Former satellites
25. Lady of pop
28. 4 out of 5 of these are partly in Canada
34. Bypass
35. One at \_\_\_\_\_
36. Preceding
37. \_\_\_\_\_ vivant
38. Small rural municipality 100 km SW of Toronto
39. Valiant's oldest
40. Country N. of Slovenia
41. "Understand now?"
42. Loonies
43. AB town, region known for dinosaur fossils
46. Badly behaved
47. "Dooby": Orbison's first hit
48. Center start
50. Arise
53. Body of water in central Burnaby, BC
58. 2d-highest peak in both Canada and US, on Yukon-Alaska border
61. Once, once

### Down

1. Any time
2. Move: real estate jargon
3. Trendy addresses
4. Make formal dinner arrangements
5. Hot electric car
6. Prayer finish
7. Prayer start
8. Larry and Curly's brother
9. Onassis, by nickname
10. 1983 Nobel Peace Prize winner
11. Banned fruit treatment
12. Indian princess
13. All alternative
18. Actress Helgenberger of *CSI*
19. *Comune* in Brescia, Lombardy, Italy, bordered by Nuvolento, Caino, Botticino
23. SK folk musician Buffy \_\_\_\_\_Marie
24. Bank printout: abbr.
25. Curdle, as milk
26. Love: Fr.
27. Knife pitched in infomercials
29. Seldom
30. Online selling
31. Canadian star Reeves
32. Flubbed
33. Sixth \_\_\_\_\_



BY MICHAEL WIESENBERG

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38. BBC nickname, with "the"
41. Hamilton, ON-born *SNL* alumnus Martin
42. S-Central ON city between Lakes Couchiching and Simcoe
44. Canada's Logan and Lucania
45. "Petite": Jackie Wilson hit

49. Alberto VO5 rival
50. Sign
51. Apple piece
52. Say "I@#\$%"
53. 7-Down, in parts of Canada
54. Stops
55. Points a gun
56. *Get Smart* villains
57. ExxonMobil's brand in Canada

59. Total
60. Deep \_\_\_\_\_ well

## Yesterday's crossword



## What's online

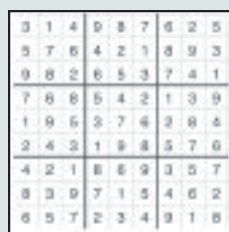
See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: 33°  
MIN: 20°

### FRIDAY



MAX: 34°  
MIN: 19°

### SATURDAY



MAX: 34°  
MIN: 19°



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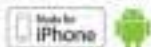
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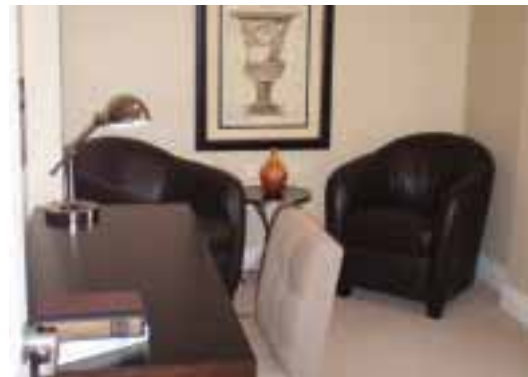
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